

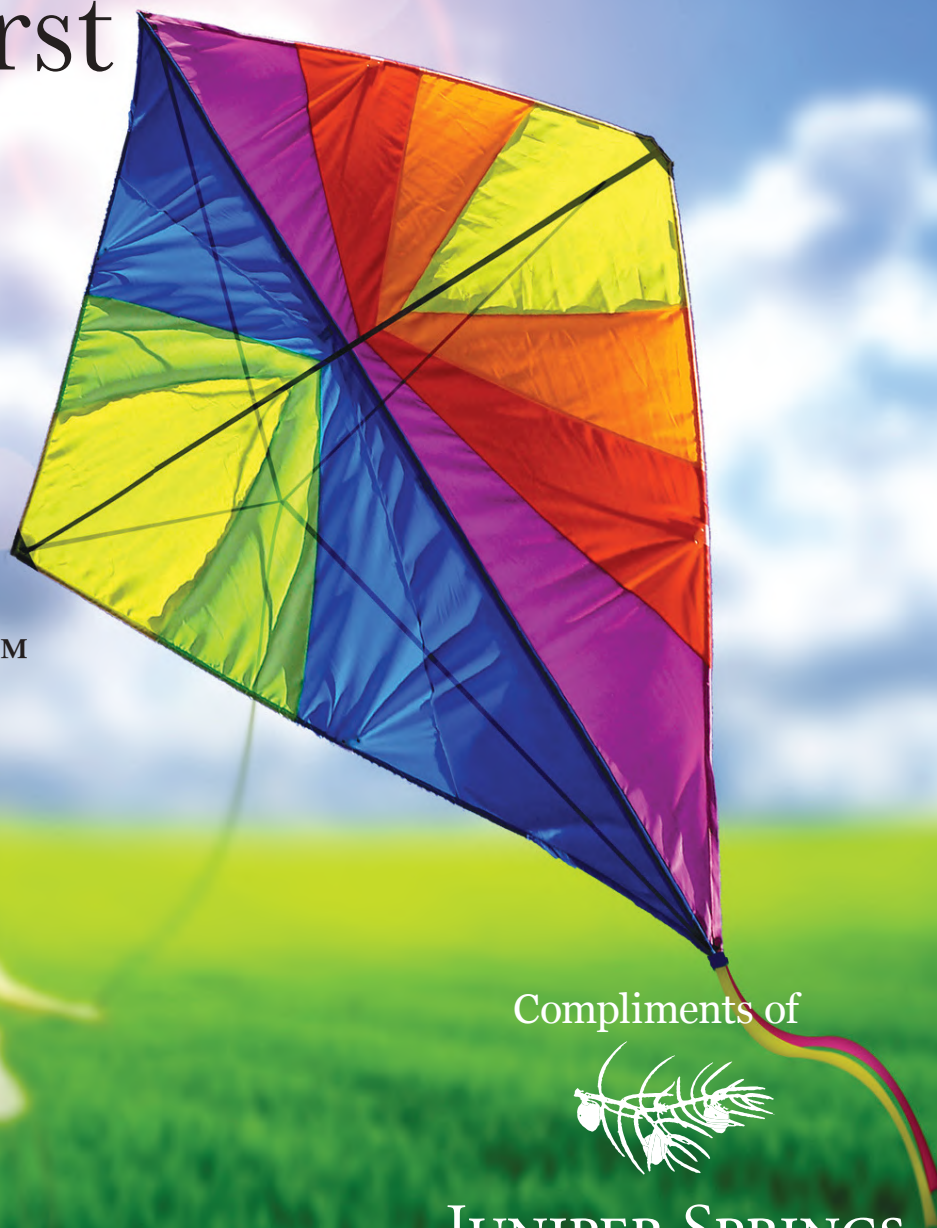
Guided by goodness, loyalty, faith, and fun

# TRUE NORTH LIVING

18/3

Live each day like  
it is your first

Recreating  
LivingMemories™



Compliments of



JUNIPER SPRINGS  
— SENIOR LIVING —  
PLEASE TAKE ONE





Dennis Garboden, President  
*Compass Senior Living*

## On being a Caregiver

What is the heart and soul of senior housing? Who is the heart and soul of senior housing?

*Caregiving and Caregivers.*

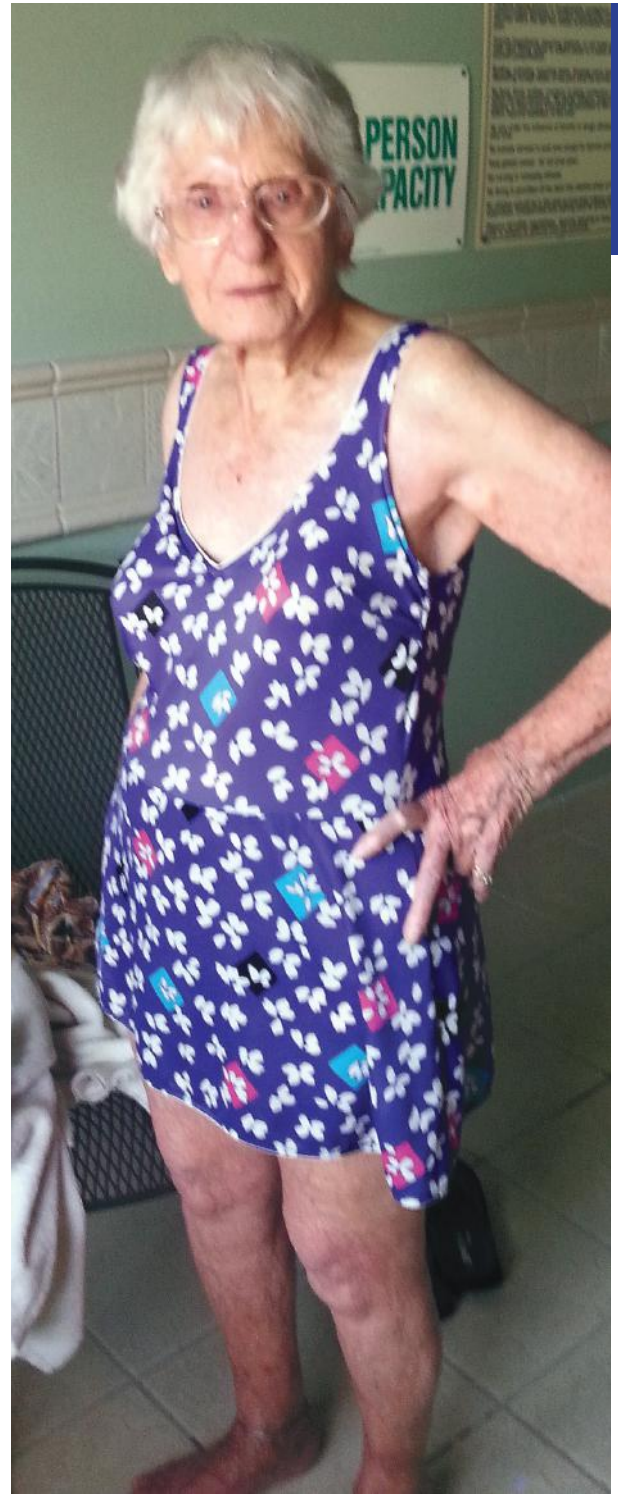
Our business is alive and supported by a very large group of wonderful people – our Caregivers. We all know that without our caregivers, we don't have our industry. Currently we are in what some have referred to as a crisis situation. This is in response to the

difficulty of finding good quality people to care for our elders.

Think how difficult of a job this may be. You, as a caregiver, are responsible for daily tasks such as bathing, passing medications, helping to dress, and grooming. But as any caregiver can tell you, the larger responsibility of the job is the social interaction between caregiver and elder. That is why, when searching for good caregivers, the “culture fit” is more important than the technical task abilities. You can provide training for skills – but you need to start with their Goodness. You hire Good people – then you train the tasks. Caregivers need that goodness within them, as across all business types (assisted living, nursing homes, childcare, disabled), it is imperative for the job.

Leaders and business owners must see themselves as caregivers. By this, I mean we need to care for the caregiver. Be good to your caregivers and they will be good to our elders.

Take care,  
Dennis Garboden



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# I live each day like it is my *F*irst!



Edith & Denise

*“Today is the day where we have a choice to find our happiness.”*  
She said, *“I live each day like it is the first day of the rest of my adventure!”*

This was a big ‘aha’ for me! Yes, life affirming words from a wise, down-to-earth elder!

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Jean Garboden is the Director of Education and Innovation at Compass Senior Living. Jean is a Certified Eden Alternative Educator, and a passionate person-centered, elder-directed advocate. To learn more, contact her at [jgarboden@compass-living.com](mailto:jgarboden@compass-living.com).



Jean & Edith

As I travel around the country, my greatest pleasure is connecting with elders living in our communities. If the community has an available apartment I stay as a guest. I visited Majestic Rim Retirement Community in Payson, Arizona and met an incredible 90+ year old woman named Edith. I recorded her stories for our Tiny Stories™ program and then Edith invited me to go hot-tubbing with her and Denise. We laughed as Edith showed me how she could still raise her feet above her head.

As we soaked in the hot tub we shared stories and talked about life. Edith said, *“You know, I believe in life before death.”* I said, *“Really, tell me more!”* She shared more of her personal stories of both hardship and joy. Edith reflected that life is a journey of mountaintops and valleys. She said living in the present is the key.



# Delivering Happiness by

An estimated 5.7 million Americans have Alzheimer's or other dementias. At home or in senior housing communities, creating beautiful, vibrant, and active cultures where those who have cognitive loss can live with joy and purpose is important.

We believe that those who have memory loss can participate as fully capable people in an environment where the mind, body, spirit, and soul is stimulated - promoting physical and mental wellness.

In our senior housing communities we have designed LivingMemories™ spaces to evoke memories of home life, work life, and creative endeavors.

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*We recognize that elders do not live in our work-space. We work in their living space.*

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These spaces encourage the elders to self-direct their own lives as they remember and practice routines or life skills that were previously part of their daily lives. The team member role is as trusted friend and family, supporting when needed.

We have seen first-hand men and women in the nursery nurturing dolls as their remembered babies. It is heart-warming as they dress them, feed them, change their diapers, and even sleep with them at night. The parent and/or grandparent role is validated, inspiring a sense of purpose, love, and belonging.

In the LivingMemories™ Nursery we have noticed that those who haven't talked in a while are now talking; and in one instance, a person who was anxious, agitated, and refusing food is now eating. Dorothy had been known to wander and exit seek. She has now found purpose and





# Recreating LivingMemories™

love by taking care of her “baby” in the nursery - often sitting for hours rocking the baby.

Dottie, who loves all things that sparkle, enjoys the LivingMemories™ Beauty Salon where she models the jewelry collection.

When I visit the LivingMemories™ Neighborhoods my heart sings as I see care team members engaging with elders, entering their reality, and sharing their memories.

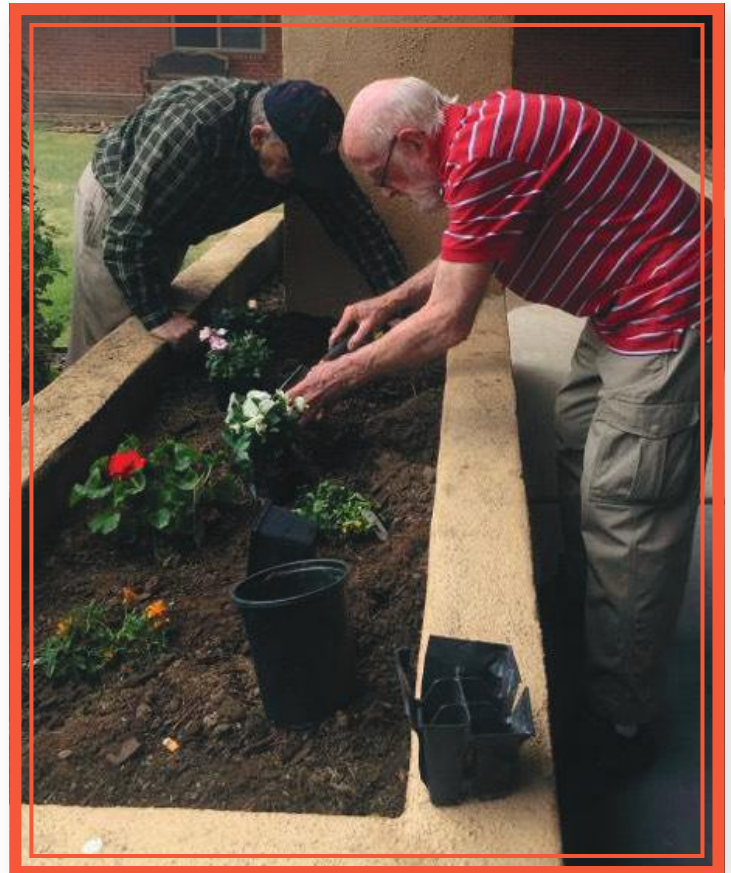
I see a young care team member learning alongside an elder craftsman, Ruben, at a workbench. Another care team member is offering to baby sit as the mothers and the grandmothers take care of the nursery. A caring Administrator purchases flowers for Don, an avid gardener, and listens to him explain to her the proper way to plant and grow beautiful flowers. Gerri, once an FBI agent sits at her desk to review the daily schedule, telling

me that she is in charge of making sure the employees wear their name tags. Francesca, a pianist is playing piano at the LivingMemories™ music center as Adele dances. We are unique. Our team members truly work as a family unit to create and support a sense of purpose, love and belonging, self-esteem, safety, and home.

Our care teams are delivering happiness – and receiving it too!

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Candis Willis is the Director of Operations for the Southwest Region for Compass Senior Living. She is also a licensed nurse, with a bachelor’s degree in Psychology. For over 20 years Candis has had a passion for education and elder care. To learn more contact Candis at [cwillis@compass-living.com](mailto:cwillis@compass-living.com).





# 6 Reasons to Break a Sweat



# — Your Brain Will Love It!

Running and exercising hasn't always been an activity enjoyed by the American population. 60 years ago, getting exercise and sweating was not talked about as a health benefit. People did not have the sedentary lifestyles and jobs we have today and being outside and moving was part of everyday life.

**So, why should we exercise?** Below are 6 reasons, that I am committed to at least 30 minutes of aerobic exercise daily. I plan to take my brain health and longevity of life seriously. I do this not only for myself but for my children and grandchildren. We can make choices for ourselves now that can benefit our families and future generations.

## **1. Exercise is great for your brain.**

Exercise is linked to quicker learning, less depression, and better memory. Studies also suggest that exercise is, as of now, the best way to prevent or delay the onset of Alzheimer's disease, a major fear for many Americans. Scientists don't know exactly why exercise changes the structure and function of the brain. It's an area of active research; in fact, next year, the National Institutes of Health (NIH) will launch a six-year, \$170 million study with a group of about 3,000 sedentary people.

## **2. Exercise can make you age slower.**

Exercise has been shown to lengthen lifespan! A study by the American Academy of Neurology suggests that moderate-intensity exercise may slow the aging process by 10 years! Exercise appears to slow aging at the cellular level.

## **3. Exercise can make your skin look better.**

Aerobic exercise increases blood flow to the skin, delivering oxygen and nutrients that improve skin health and even help wounds heal faster. The skin also serves as a release point for heat. When you exercise, your muscles generate a lot of heat. The heat in the muscle transfers to the blood, which shuttles it to the skin. (P.S. If you find that your flushed face is accompanied by fatigue, dizziness, sweating more than usual, or nausea, then it could be a sign of heat exhaustion, so if you experience these symptoms, stop exercising immediately, and drink plenty of water.)

## **4. Exercise can make you happier.**

Countless studies show that many types of exercise, such as yoga, walking, dancing, or cycling, make people feel better and can even relieve symptoms of depression. Exercise triggers the release of chemicals in the brain—serotonin, norepinephrine, endorphins, dopamine—that dull pain, lighten your mood and relieve stress, and give you a sense of joy and well-being – making you a happier person.

## **5. Your fat cells will shrink.**

Yes! They shrink! After consistent aerobic exercise training, the body gets better at burning fat, which requires a lot of oxygen to convert it into energy. One of the benefits of exercise training is that our cardiovascular system gets stronger and better at delivering oxygen, so we are able to metabolize more fat as an energy source. As a result, your fat cells—which produce the substances responsible for chronic low-grade inflammation—shrink, and so does inflammation.

## **6. Amazing things can happen in just a few minutes.**

It is amazing that it doesn't take much movement to get the benefits. In a study by the Mayo Clinic, it is recommended that as a general goal, aim for at least 30 minutes of physical activity every day.

Reducing sitting time is important, too. The more hours you sit each day, the higher your risk of metabolic problems, even if you achieve the recommended amount of daily physical activity. Short on long chunks of time? Even brief bursts of activity offer benefits. For instance, if you can't fit in one 30-minute walk, try three 10-minute walks instead. What's most important is making regular physical activity part of your lifestyle.

**So, start breaking a sweat!** And as you are getting your 30 minutes of exercise in each day, use that time to reflect on emotional and spiritual wellness too. "There is no path to happiness: happiness is the path." ~ Buddha

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Jean Garboden is the Director of Education and Innovation at Compass Senior Living. Jean is a Certified Eden Alternative Educator, and a passionate person-centered, elder-directed advocate. To learn more, contact her at [jgarboden@compass-living.com](mailto:jgarboden@compass-living.com).









## JUNIPER SPRINGS — SENIOR LIVING —

You might have noticed there is a new face in town and her name is Andrea Fitzgerald. Andrea has been hired as the Administrator of Juniper Springs and we couldn't be happier to have her as our campus leader!

Andrea developed her passion for senior living after having to navigate the world of assisted living for her own family member. Andrea has held numerous leadership positions within the senior living industry in the southeast and is new to the Pacific Northwest. Andrea received her BS in Hotel Management from Johnson & Wales University and a MS in Gerontology from University of Massachusetts Boston. Andrea states that "serving seniors in this capacity has proven to be my life's purpose and I can't wait to welcome future residents to their new home."

When not working, Andrea can be found walking around with her little dog, Miller, or learning all that Central Oregon has to offer!

# Introducing Andrea Fitzgerald



# Raisin Chipotle Grilling Sauce

It's that time of the year again – time to dust off the barbecue and gather the family together to celebrate summer! As happy as you are to kick off the grilling season, that same old barbecue sauce is eventually going to wear out its welcome.

If you're tired of traditional sauces every summer, try looking for new inspiration. Add a twist to your grilling

favorites with an unlikely recipe helper: California Raisins. Raisins add a deliciously sweet zip to savory relishes and homemade sauces, and as an added bonus, all the flavor that California Raisins bring to your recipe is even better because the fruit is fat- and cholesterol-free, as well as naturally low in sodium. This grilling sauce recipe is sure to add refreshing flavor to any summer favorite.



Start to finish: 40 minutes  
Servings: 24  
Serving Size: 2 tablespoons

#### Ingredients:

1 cup prepared barbecue sauce  
1 1/2 cups California Raisins  
1 cup husked and chopped tomatillos  
1/2 cup lime juice  
1/2 cup water  
1/3 cup chopped onions  
1/4 teaspoon ground cinnamon  
1 to 2 chipotle chiles, canned in adobo, minced, and sauce, to taste.

#### Directions:

Combine ingredients in small saucepan; cover and simmer for 30 minutes. Let cool. Then, puree in blender or food processor.

The sauce is tops on chicken or ribs or even as a zesty dressing for juicy burgers!

#### Nutrition Information (per serving):

Calories 40 (6 percent from fat), Total fat 0g (sat 0g, mono 0g, poly 0g), Cholesterol 0mg, protein 1g, Carbohydrates 9g, fiber 0.3g, Iron 0.3mg, Sodium 90mg, Calcium 9mg.



# Grapefruit & Quinoa Salad

## Ingredients:

1 Texas Rio Star Grapefruit, sectioned and peeled (reserve the peel)  
1 Texas Orange, sectioned  
8 thin slices fresh ginger  
1/4 cup extra-virgin olive oil  
3/4 cup quinoa  
1/2 teaspoon kosher salt, plus additional for seasoning  
1 tablespoon white wine vinegar  
2 teaspoons honey  
1 small serrano or jalapeno chile, minced  
2 scallions, minced  
2 carrots, peeled and diced  
2 tablespoons chopped fresh cilantro leaves  
Freshly ground black pepper

## Optional Additions:

Baby Spinach or Spring Mix Lettuce  
Apple or Pear wedges



## Directions:

1. Warm the grapefruit peel, ginger and olive oil in a small saucepan over medium heat. As soon as the oil starts to bubble, remove from heat. Set the oil aside to steep for 30 minutes. Strain and reserve the oil.

2. Meanwhile, rinse and drain the quinoa, and follow the package directions to cook. Transfer the quinoa to a bowl and fluff with a fork. Cool.

3. Segment the grapefruit over a bowl, reserving the segments and juice separately. Whisk 3 tablespoons of the grapefruit juice with the vinegar, honey and salt to taste in a medium bowl. Gradually whisk in 3 tablespoons of the reserved grapefruit oil, starting with a few drops and then adding the rest in a stream to make a slightly thick dressing. Season with pepper to taste.

4. Toss the quinoa with the dressing, chiles, scallions, carrots and cilantro. Season with salt and pepper, to taste.

5. Toss the grapefruit segment into the salad, divide among four plates. Serve warm or at room temperature.

6. Serving suggestion: This salad makes a great packed lunch. If you want to serve this salad at dinner, try it with grilled salmon.

Makes Four Servings



# Brain Games

1	2	3	4		5	6	7	8	9			10	11	12
13					14							15		
16					17							18		
			19	20			21			22				
23	24	25		26		27				28				
29			30				31		32					
33						34		35						
36					37						38	39	40	41
				42							43			
		44	45				46		47	48				
49	50							51				52		
53					54	55	56		57		58			
59					60			61			62	63	64	65
66					67						68			
69					70						71			



**ACROSS**

- 1 Angus
- 5 Compels to go
- 10 Time zone
- 13 Opposed
- 14 Ancient Greek marketplace
- 15 Passenger car
- 16 Hard-of-hearing
- 17 Threatens
- 18 Nova
- 19 Kimono sash
- 21 Government travel document
- 23 Central daylight time
- 26 Shoshonean
- 28 River
- 29 Reflexive pronoun
- 32 Father's sister
- 33 Compass point
- 34 Suitable
- 36 Streetcar
- 37 Commercial establishment that provides overnight lodging
- 38 U.S. Department of Agriculture
- 42 Let down
- 43 Vessel build to carry people and goods through deep water
- 44 Thick soup
- 46 Bureaus
- 49 Contempt
- 51 Talk incessantly
- 52 Dined
- 53 Prison in San Francisco Bay
- 57 Beheld
- 59 Carved Polynesian pendant
- 60 Out and \_\_\_
- 62 Imitated
- 66 Prayer ending
- 67 Edgy
- 68 Go at it alone
- 69 Fisherman's tool
- 70 Maneuver
- 71 Take a long walk in the country

**DOWN**

- 1 Not good
- 2 Vane direction
- 3 Estimated time of arrival
- 4 "First in, first out"
- 5 Rock salt
- 6 Gone by
- 7 Lasso
- 8 Writer Bombeck
- 9 Back talk
- 10 Removing from the surrounding paper
- 11 Heavenly lights
- 12 Light cake
- 15 Quaking tree
- 20 Large motor vehicle with many seats
- 22 Indecent language
- 23 Saclike structures filled with fluid or diseased matter
- 24 One who gets things done
- 25 Bass horn
- 27 Jostle
- 30 Rapid eye movement
- 31 Gave a lavish party
- 32 Cause of sickness
- 35 Boat used to carry people and vehicles across a body of water
- 37 In what manner
- 38 Ship initials
- 39 Popular stadium
- 40 Soil
- 41 Niche
- 42 Allowed to borrow
- 44 Electric \_\_\_
- 45 Connected series of railroad cars
- 47 Spring holiday
- 48 Resort hotel
- 49 Devil
- 50 Climate
- 54 Rodents
- 55 A wager (2 wds.)
- 56 Subdivide
- 58 Remove dirt
- 61 Manipulate
- 63 Luau dish
- 64 Antlered animal
- 65 Female deer

						9	2	
5	4			3		1		
		8		5	7			4
	5			8				3
9		3		4	6	8		
1			3				4	
	7		4					
3	6	1		7	9		8	
				6			3	7



Can you solve these visual word puzzles?  
Let your mind explore and you are sure to find the answers. Good luck!

1. Injury + Insult	2. Weather Bit
3. yourballcourt	4. B Cat 2 ga
5. T B Bush A E	6. 1. 2. Blame 3. Blame
7. belly	8. ri poorch
9. mce mce mce	10. MONSTER

Brain Game Answers:

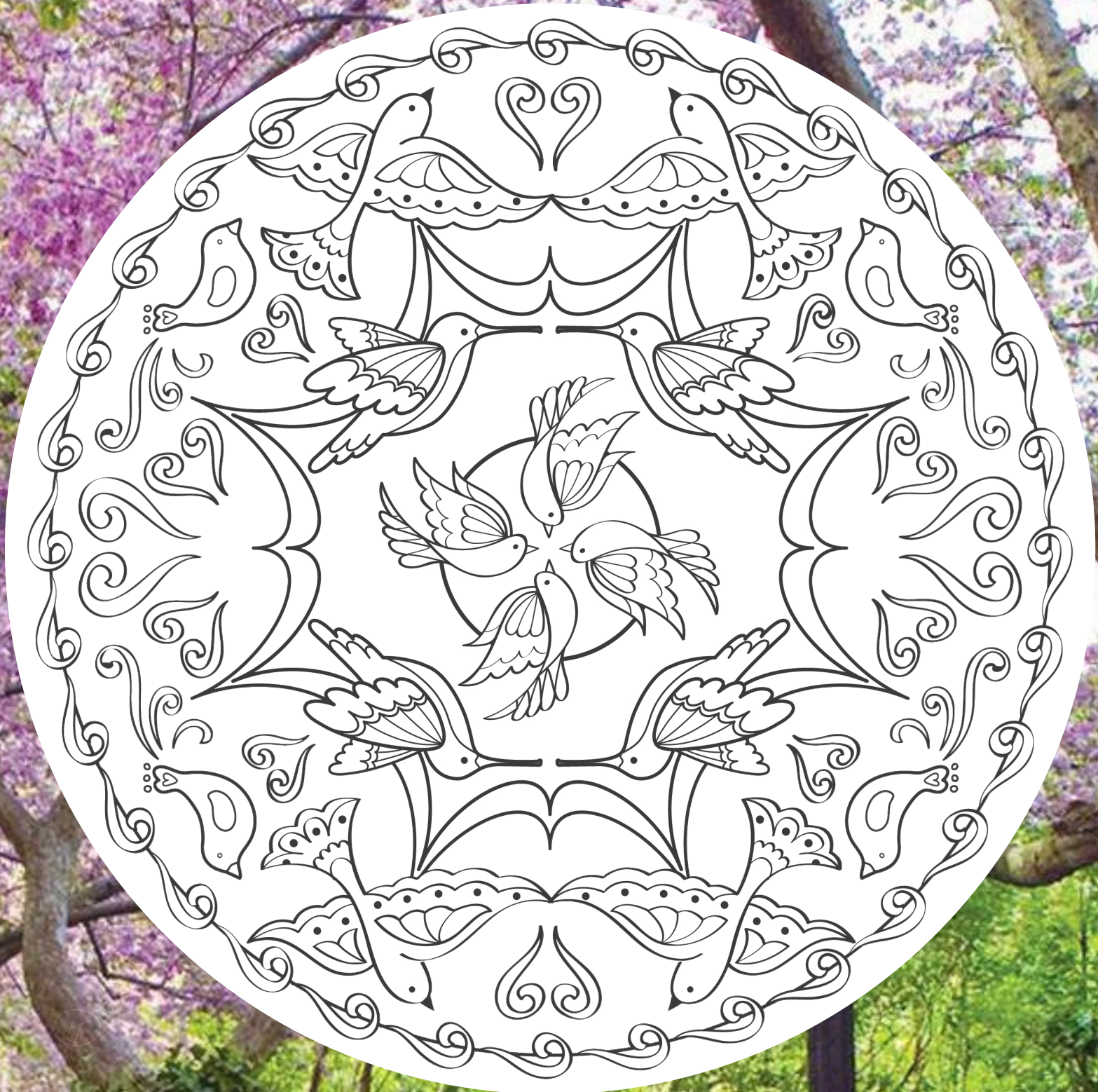
7	3	6	8	1	4	9	2	5
5	4	9	6	3	2	1	7	8
2	1	8	9	5	7	3	6	4
6	5	4	2	8	1	7	9	3
9	2	3	7	4	6	8	5	1
1	8	7	3	9	5	2	4	6
8	7	5	4	2	3	6	1	9
3	6	1	5	7	9	4	8	2
4	9	2	1	6	8	5	3	7



1. Adding insult to injury
2. A bit under the weather
3. The ball is in your court
4. Let the cat out of the bag
5. Beat around the bush
6. No one to blame
7. Yellow belly
8. Take from the rich & give to the poor
9. Three blind mice
10. A green eyed monster

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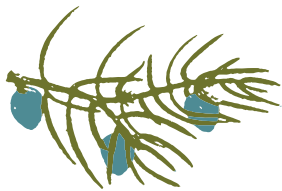




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# JUNIPER SPRINGS

— SENIOR LIVING —



## Join us for a **Dusty Boots Tour** July 15th 1-3pm

Grab your clipboard and tape measure and see how Redmond's newest senior living community measures up!

- Take a tour
- Meet our team
- Learn about independent, assisted living & memory care
- Apply for employment

Please RSVP to Jen Miller at [jmiller@juniperspringssl.com](mailto:jmiller@juniperspringssl.com) or call 541.526.1819

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